



Plant and Animal Foods

Name: _____

Draw 2 foods that come from plants.

Draw 2 foods that come from animals.

Food from a Plant	Food from an Animal
Food from a Plant	Food from an Animal

Write down one activity you can do to keep your body active.

*Developed by Denise Zimmer, RD, for Montana Team Nutrition
Eat Smart Be Smart Guide: Lesson K—Where Does Food Come From?*

Eat Smart Be Smart